



# THE DEFENDER

The Journal of the Maryland Defense Force

Fall-Winter 2009

## MDDF Conducts First-Ever NCO Induction Ceremony

### In this issue:

- Engineers Practice Disaster Response
- Medical Pro's Get Their Boots Muddy
- MDDF Administers Flu Shots
- Preparing for Winter Storm Hazards



In this issue of The Defender:

## Fall-Winter 2009

- 3 Announcements
- 5 Commander's Corner
- 6 MDDF Conducts First-Ever NCO Induction Ceremony
- 8 The Tenants of Leadership
- 10 Engineers Practice Disaster Response Skills
- 13 10th Med Gets Its Boots Muddy
- 15 *Thru The Lens:*  
MDDF Photographers at Work
- 16 MDDF News
- 18 Military Department News
- 20 Preparing for Winter Storms



Cover: MDDF Celebrates the Year of the NCO



# ANNOUNCEMENTS

## Date Set for 2010 Annual Muster

Mark your calendars. The MDDF command group has set the date for the 2010 Annual Muster. It will be held on Saturday, March 27 at the Pikesville Military Reservation. Activities will begin at 0700 and continue throughout the day. The command formation will be at 0800 on the main armory drill floor. Uniform will be ACU with black beret. The Annual Muster is the one mandatory annual training event for all members.

## Get Your Orders Before You Train

MDDF Personnel in need of orders are reminded that the request is to be made by the unit leader or his/her designee and not by individuals.

The request should be made to G3 through the MDDF e-mail system at [amongelluzzo@mddf.us](mailto:amongelluzzo@mddf.us).

It is important when requesting orders to indicate the dates, times, location, purpose of the mission, and the uniform of the day.

MDDF personnel NOT listed on the orders are NOT authorized to participate in the mission or activity regardless if they have received unit commander approval. An individual under orders is covered by the State of Maryland's Workers Compensation and Tort Liability. This is done to protect the individual and the MDDF from lawsuits or other legal actions. Personnel not on orders are not protected by this medical and legal coverage.

## Date Set for MDDF Holiday Celebration

The MDDF Winter Holiday Party and Pot Luck Supper will be held at the MDDF Headquarters on Tuesday, January 19, 2009 from 1800-2130. Uniform is ACU or civilian casual attire. R.S.V.P. with what you will be bringing (hors d'oeuvre, entrée or dessert) to: Maj. (MD) Sierra Braiterman, HQ Commandant, [sbraiterman@mddf.us](mailto:sbraiterman@mddf.us). BYOB, soft drinks will be available.

### ***Dear Members of the Maryland Defense Force,***

*As we near the end of another successful year, please consider a tax deductible gift to the Maryland Defense Force Foundation (MDDFF). The Foundation was set up as an investment fund four years ago as a result of a very generous bequest by the late Col. (MD) Jack Waugh. The Foundation maintains this "endowment" from which dividends and interest are accrued each year for the purpose of supporting the activities and mission of the MDDF.*

*In the past the MDDFF has supported the Annual Muster, various specific missions, equipment needs and social events and has set up a uniform assistance fund for newly recruited MDDF members who may not have the financial capacity to purchase required uniform items. Recently the Foundation supported uniform acquisitions for the newly formed MDDF Band.*

*The MDDFF is a 501(C)(3) non-profit charity and contributions to the Foundation are tax deductible. This is YOUR Foundation. With little or no direct financial support from the State of Maryland, the MDDF's ability to fulfill its mission is dependent on support from the Foundation.*

*Checks should be made payable to The MDDF Foundation and mailed to:*

*1st Lt. Bill White (RET)  
MDDF Foundation Treasurer  
Corbyn Investment Management  
Greenspring Fund  
2330 West Joppa Road  
Suite 110  
Lutherville, MD 21093*

*Thank you for your consideration, and have a wonderful holiday!*

*Col. (MD) George Rich  
President, MDDF Foundation*

## From the editor:



It is with great pleasure that we present the second issue of *The Defender*, MDDF's command information journal, chronicling the amazing and inspiring work of our all-volunteer members.

These past few months have been quite busy for many of you and demonstrate the truly diverse mission set of the Maryland Defense Force.

Our cover story reflects the renewed emphasis on the role of our noncommissioned officers. I was privileged to be a guest at the first-ever NCO induction ceremony. The importance of the MDDF overall and our NCOs in particular to the larger Maryland Military Department was demonstrated by the attendance of all three of Maryland's top NCOs.

In preparing this issue I asked 1st Sgt. Buddy Scott his thoughts about the role of the NCO. In typical NCO fashion he gave me a direct, succinct and unmistakably clear answer; "training, training and more training."

Training. That word just about sums up most of what you'll read about in this issue. Our Engineer Corps conducted a capstone FTX at Camp Fretterd in Early November that served as the culmination of their annual training plan to respond to large-scale civil disaster. That event was followed closely by a similar FTX held by the 10th Medical Regiment that exposed our medical professionals to a wide variety of field conditions.

Training is important but real-world missions continue as well. You can also read about how MDDF helped Maryland citizens fight off H1N1 this year.

I'd also draw your attention to our new website launched in early fall. It's a first-class site that reflects the importance and professionalism of this organization. [www.mddf.maryland.gov](http://www.mddf.maryland.gov)

And of course you can also keep track of what's happening in the MDDF on our Facebook page. Just search for MDDF.

I hope you enjoy this issue, but I also ask that you let us know what you think. This is your publication and we can't make it work without your help. Just drop us a line at [publicaffairs@mddf.us](mailto:publicaffairs@mddf.us)

Hooah,  
Col. Bob Hastings  
Director, Public Affairs  
Maryland Defense Force

# THE DEFENDER

A Maryland Defense Force Publication



**The Adjutant General, State of Maryland**  
Brig. Gen. James Adkins

**Commander, Maryland Defense Force**  
Brig. Gen. (MD) Courtney Wilson

**Director, Public Affairs, MDDF**  
**Editor in Chief**  
Col. (MD) Robert Hastings

### Contributors

Lt. Col. (MD) Jason Spiegel, HQ  
Capt. (MD) James Eder, Engineer Corps  
Cpl. (MD) Allison Hastings, 10th Medical Regt.

### Address

Headquarters, MDDF  
Pikesville Military Reservation  
610 Reisterstown Road  
Pikesville, MD 21208-5197

**The Defender** is published by the MDDF Public Affairs Office in the Winter, Spring, Summer and Fall for members of the Maryland Defense Force and their families. Contents of **The Defender** are not necessarily the official views of, or endorsed by, the State of Maryland, the Maryland Military Department, or the Maryland Defense Force.

Internet: [www.mddf.maryland.gov](http://www.mddf.maryland.gov)

Facebook: [www.facebook.com/md-defense-force](https://www.facebook.com/md-defense-force)

email: [publicaffairs@mddf.us](mailto:publicaffairs@mddf.us)





## COMMANDER'S CORNER



**JAMES A. ADKINS**  
BRIGADIER GENERAL  
THE ADJUTANT GENERAL

**STATE OF MARYLAND**  
**MILITARY DEPARTMENT**  
**MARYLAND DEFENSE FORCE**  
PIKESVILLE MILITARY RESERVATION  
610 REISTERSTOWN ROAD  
BALTIMORE, MARYLAND 21208

**COURTNEY B. WILSON**  
BRIGADIER GENERAL (MD)  
COMMANDER

22 December 2008

To the Members of the Maryland Defense Force,

I am thankful to each and every one of you for the dedicated and unselfish service that you provide to the soldiers and citizens of the State of Maryland. Through your efforts over the course of the past year, hundreds of soldiers and their families have benefited in so many ways and your volunteer service has positively impacted the Maryland National Guard, the Maryland Emergency Management Agency and the citizens of Maryland.

As of this writing, many Maryland National Guard soldiers are preparing for deployment. For some, it will be their fourth deployment in support of Operation Iraqi Freedom and Operation Enduring Freedom. Thousands have returned from previous deployments this year and many of them have benefited from the services you provide so unselfishly. Please remember our brothers and sisters who serve our Country in any capacity this season as well as their family members.

We have come a very long way since this time last year. New missions, increased training opportunities, and tremendous growth; all great signs of health and well being. Brigadier General James Adkins, the Adjutant General, constantly acknowledges his thanks and pride for the generous gift of your time and talents to the Maryland Military Department. The form and function of your work is replicated nowhere else in America.

As we near year's end, I wish to send my personal regards and best wishes for a joyous, bright and safe holiday season to each one of you. Thank you for your service, I look forward to working with you in the coming New Year.

Happy Holidays!

A handwritten signature in black ink, reading "Courtney B. Wilson".

Courtney B. Wilson  
Brigadier General, MDFF  
Commander

# Maryland Defense Force Conducts First-Ever NCO Induction Ceremony



*I will not forget, nor will I allow my comrades to forget  
that we are professionals, Noncommissioned Officers, leaders!*

With those words, 28 noncommissioned officers (NCOs) of the Maryland Defense Force were welcomed into the NCO corps during an induction ceremony held at Naval Station Annapolis on October 17, 2009.

Brig. Gen. (MD) Courtney Wilson, commanding general of the Maryland Defense Force, offered opening remarks for the command's first-ever NCO induction ceremony, addressing an audience of MDFF Officers, NCOs, soldiers and family members. The senior NCOs of the Maryland National Guard – Command Sgt. Maj. Brian Sann, Command Sgt. Maj. Franklin Wright, and Command Chief Master Sgt. Glenn Hart – attended as distinguished guests.

Wilson told the audience that the concept of an NCO summit was inspired by the Army's "Year of the NCO" theme. "When I heard early this year that the Secretary of the Army had declared 2009 the Year of the NCO, it set me thinking about the character and nature of the Maryland Defense Force."

Explaining that the MDFF has been largely dominated by the officer corps for a number of years, Wilson added, "I think we all realized, largely through our experience in the field during Hurricanes Katrina and Rita, that there was an entire layer of leadership missing. It is my sincere hope that, in this Year of the NCO, you, the NCO Corps of the MDFF will find new life, new esprit de corps, new inspiration and new responsibility as a re-



sult of this great day.”

Command Sgt. Maj. Brian Sann, Command Sgt. Maj. of the Maryland National Guard was the keynote speaker. Sann told the NCOs, “you are the heart and soul, the nervous system, and the eyes and ears that enable MDDF to successfully complete its mission.”

The solemn and dignified ceremony, meant to symbolize the significance of the transition to NCO, began with a tribute to fallen soldiers and the playing of Taps. Several readings highlighting the history of the NCO corps, the role of NCOs as leaders and mentors, and the NCO values were conducted by MDDF NCOs and junior soldiers. Ceremonial support was provided by the MDDF Cavalry Troop, the MDDF Band and the Maryland National Guard Joint Force Color Guard.

Planning for the ceremony was coordinated by First Sgt. (MD) Ronald Scott of the MDDF Engineer Corps who said the NCO Council, consisting of the senior NCOs of each of MDDF’s subordinate units, has been planning the event since June.

“The induction ceremony underscores MDDF’s renewed focus on the NCO, and is intended to enhance the professionalism and esprit de corps of the command’s NCOs while acknowledging their many accomplishments,” said Scott. “Walking under those crossed sabers held by members of our own cavalry unit was a huge honor and meant we have turned a new page in the MDDF and that our NCOs and the soldiers they lead will be ready when called.”

The formal induction into the NCO corps was marked by the NCO Charge led by Command Sgt. Maj. Sann and the reading the NCO Creed by the group of inductees. Each inducted NCO then marched through a saber arch and was presented a personalized certificate commemorating the event.

In remarks during the ceremony, Sann reminded the newly inducted NCOs of their responsibilities to lead and care for the soldiers entrusted to them, and to support and advise the officers in command. “I see a group of soldiers who truly inspire me,” said Sann. “The MDDF has distinguished itself in every mission assigned.”

Sgt. Maj. (MD) John Kelly of MDDF’s 10th Medical Regiment served as Master of Ceremonies for the event. “I don’t know what problems tomorrow’s defense force will face,” said Kelly. “But I am sure that with a strong and vibrant NCO corps as the backbone of the Maryland Defense Force, we will achieve the highest standards for years to come.”

Former Secretary of the Army Pete Geren named 2009 “Year of the NCO” to recognize the commitment of NCOs to service and their willingness to make great

sacrifices on behalf of the nation. Throughout the year, the Army is honoring NCOs through initiatives and events that enhance awareness and public understanding of the roles and responsibilities of today’s NCO, and enhance and accelerate the development of NCOs through education, fitness and leadership development initiatives. The MDDF is not part of the Army but follows Army customs, courtesies and traditions.

“This is a great step in reestablishing the importance of the Maryland Defense Force NCO Corps,” said Sann.

### **Creed of the Noncommissioned Officer**

No one is more professional than I. I am a Noncommissioned Officer, a leader of soldiers. As a Noncommissioned Officer, I realize that I am a member of a time honored corps, which is known as “The Backbone of the Army”. I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the Military Service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind -- accomplishment of my mission and the welfare of my soldiers. I will strive to remain tactically and technically proficient. I am aware of my role as a Noncommissioned Officer. I will fulfill my responsibilities inherent in that role. All soldiers are entitled to outstanding leadership; I will provide that leadership. I know my soldiers and I will always place their needs above my own. I will communicate consistently with my soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my soldiers. I will be loyal to those with whom I serve: seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, leaders!

## The Tenants of Leadership

### *The Remarks of Brig. Gen. (MD) Courtney Wilson at the NCO Induction Ceremony*

Good morning...I bring greetings from the Honorable Martin O'Malley, Governor of the State of Maryland and Brig. Gen. James Adkins, the Adjutant General.

When I heard early this year that the Secretary of the Army had declared 2009 the Year of the NCO, it set me thinking about the character and nature of the Maryland Defense Force.

As many of you know the MDDF or State Guard in Maryland has a colorful history that spans more than 90 years. During WWI and WWII the force was constructed much more like a standard national guard unit, with a small cadre of commissioned officers and ranks filled with enlisted led by an NCO Corps. At its height during WWI, our force numbered 4,500 state guardsmen and minutemen, during WWII our ranks filled to capacity once again.

During the rebuilding and reconstitution of the MDDF in the early 21<sup>st</sup> century, the MDDF became largely an officer corps filled with professional personnel; specifically lawyers, medical professionals, chaplains, and now engineers, finance, ceremonial and other specialized professions.

Within the past two years, however, our enlisted and NCO ranks have grown substantially. I think we all realized, largely through our experience in the field during Hurricanes Katrina and Rita that you just can't send a bunch of officers and specialized professionals into the field by themselves...it doesn't work. We learned that there was an entire layer of leadership missing.

Looking back at history:

The Army has set apart its NCOs from other enlisted Soldiers by distinctive insignia of grade since 1775.

With more than 200 years of service, the U.S. Army's NCO Corps has distinguished itself as the world's most accomplished group of military professionals. Historical and daily accounts of life as an NCO are exemplified by acts of courage, and a dedication and a willingness to do whatever it takes to complete the mission. NCOs have been celebrated for decorated service in military events from Valley Forge to Gettysburg, to charges on Omaha

Beach and battles along the Ho Chi Minh Trail, to the current conflicts in Afghanistan and Iraq.

NCOs are the primary military leaders responsible for executing the military organization's mission and for training military personnel so they are prepared to execute their missions.

Another critical role NCOs play is providing advice and guidance to the officer corps. This role is particularly important for junior officers, who often begin their careers in a position of authority but lack practical experience, including commanders at all levels and, in particular officers of flag rank. Senior NCOs, with a wealth of leadership and mission training and experience are the primary link between the enlisted personnel and the officers in any military organization.

Leadership...in some cases it takes hard work to achieve, in other cases it is earned and granted by the mutual respect of those serving around us and in other cases...leadership is thrust upon us.

When I landed at Da Nang Air base in Vietnam in 1971 they called me a slick sleeve...you know...nothing there. Assigned to a reconnaissance platoon I quickly earned my first stripe. Because of the nature of where we were assigned and what we were doing the ranks of our platoon were severely reduced by death and casualty so that, at the end of my first four months on the ground, we were reduced to a squad.

That's when I was appointed corporal. Maybe it was my extreme youth, maybe it was the space and time in which I was living at that moment. The burden of leadership that I felt when given that promotion was incredible. With a tough sergeant on his third tour of duty commanding our former platoon...now merely a recon squad, imagine the responsibility I was given for the eight enlisted men that served side by side with me.

Before the sun would set on the next month, that tough old sergeant fell in a chance meeting with a sniper's bullet and a third stripe appeared on my sleeve. About to turn a ripe old age of 19 years old, I found myself in command, far away from HQ, distant from any commissioned officer, in charge, in charge of real human lives... leadership was thrust upon me.

When I was airlifted out of Quang Nam on a litter



after nearly nine months in the jungle, I proudly wore the three distinctive stripes of a sergeant. One of only a handful of survivors from that original platoon, reduced to a squad. I felt I had done my best. Only later did I cross into the commissioned ranks.

The point in telling you this is so you know that I have a heart for the NCO. I have a heart for all those who seek leadership, I have a heart for all who are granted leadership by their peers, and I especially have a heart for who have leadership thrust upon them.

Now as members of the MDDF, you'll not likely see combat. Although some of you might have in your prior service. You might, however, be called upon to serve this state or another state in a time of emergency and/or disaster. In fact, many of you have been called upon in the recent past. You are called upon TODAY to fulfill our mission by providing service to the soldiers, airmen and the families of the Maryland National Guard.

The tenants of leadership are the same. Your responsibilities, not only to the enlisted but to your officers and command staff are the same.

We need you. It is my sincere hope that, in this Year of the NCO, you the NCO Corps of the MDDF will find new life, new esprit de corps, new inspiration and new responsibility as a result of this great day.

Before I close I want to recognize one of our own. First Sgt. Buddy Scott.

I went to 1st Sgt. Scott some six months ago and asked him to take the lead in pulling this day together. I think we all owe him a debt of gratitude for his leadership in pulling together a team to design and execute the first MDDF NCO Summit.

Clearly, 1st Sgt. Scott has had leadership thrust upon him.

Thank you for your dedication...thank you for your service to the MDNG and the citizens of Maryland. I'm really proud of all of you, and I'm truly proud of this day.

## **MDDF Band Closes Out Busy First Year**

What began as a desire to have musical support for the Maryland Defense Force has grown into an organization that has become a first rate ensemble that musically represents the Maryland Defense Force and the Maryland Military Department. The mission of the Maryland Defense Force Band is to enhance community relations, general recruitment, and troop morale. Its goal is to communicate the mission of the Maryland Defense Force and the duties it performs for the Maryland Military Department.

Since the summer the band has been busy drilling to refine its musical skills. The band has shown an expansion in force from 25 to 32 members, many of whom are professional musicians.

The band supported missions this Fall which included Veterans Day music at the B&O Railroad Museum, Veterans Day ceremonies at Crownsville State Cemetery, the MDDF NCO induction ceremony in Annapolis, the Joint Forces Headquarters Holiday party, and the Free State ChalleNGe program graduation. In addition, the MDDF Band supported a concert at the Lincoln Memorial on November 19, the date Abraham Lincoln delivered his Gettysburg Address.

Brig. Gen. Alberto Jimenez commented on the band at the Joint Forces Headquarters Holiday party. He thanked the band for providing music and pointed out that the band was an all-volunteer organization. The Adjutant General also singled out the band at the Senior Leadership Brief on December 9 at Camp Fretterd. He again praised the band for the work they have done in support of the Maryland Military Department. Two band members, Staff Sgt. (MD) Matt Basch and Sgt. (MD) Paul Swenson, were recognized this year for their work on the MDDF Website.

The MDDF Band is planning to move into its band room in the Pikesville Armory this spring once renovations are complete. This rehearsal space will allow for adequate rehearsal scheduling and a place to store equipment.

In addition to the new room, the MDDF Command Staff has approved a dress/ceremonial band uniform. The new uniform will add much to the band's professional appearance and goes a long way in establishing the band as a viable military musical organization in Maryland.

You can check out the band schedule and additional information at the band website, [mddf.maryland.gov/band](http://mddf.maryland.gov/band).

# MDDF Engineers Practice Disaster Response Skills in Capstone Field Exercise

by Capt. (MD) James Eder, MDDF Engineer Corps



**T**he MDDF Engineer Corps deployed to Camp Fretterd, Md. beginning November 6, 2009 for a three-day field training exercise (FTX) called Operation Ready Wedge. The goal of the exercise was to provide hands-on experience to augment the classroom training and online coursework the engineers have undertaken, and to build on the experience gained in previous field exercises. The exercise also incorporated the MDDF's 10<sup>th</sup> Medical Regiment to provide a realistic first aid scenario.

"The purpose of exercise Ready Wedge 2009 was to validate the extensive disaster assessment and response training that the Engineer Corps conducted during the summer," said Col. (MD) Brian Kelm, commander of the Engineer Corps. "This FTX was the culmination of the training where all the individual pieces were brought together for a final examination. This realistic exercise was based on a very possible scenario and the MDDF engineers and medical professionals forged a team which has shown that it can successfully complete the mission."

The exercise, built on a simulated hurricane scenario, provided training in command, control, and communications, small unit leadership, disaster assessment, land navigation, field operations and survival, and first aid and emergency response.

"This was the first exercise I've participated in where

we had so many MDDF units involved - engineers, medical, communications, chaplains and civilian volunteers," said Maj. (MD) Linda Chatterton, Engineer Corps. "Everyone was able to work together, learned from the training and assimilated it into the field exercise. I was proud to be a part of it and feel better about our overall capability. I learned there is enthusiasm for these exercises and a desire of everyone to strengthen our individual and unit skills."

The FTX was initiated on the evening of Thursday, November 5<sup>th</sup> with a test of the emergency "phone tree" system that was developed to contact personnel in the event of a recall. An advanced party deployed to Camp Fretterd on the afternoon of November 6<sup>th</sup> to establish the Command Operations Center and coordinate logistics. The advanced team spent the night at Camp Fretterd.

The main segment of the FTX began on Saturday, November 7<sup>th</sup>. Participants from the Engineer Corps, 10<sup>th</sup> Medical Regiment, and several other MDDF units assembled at 0800 for the commander's intent and team assignments. Col. Kelm provided the commander's intent. Brig. Gen. (MD) Courtney Wilson, commanding general of the MDDF, and Col. (MD) Stanley Minken, commander of the 10<sup>th</sup> Medical Regiment, also addressed the assembled MDDF members. The engineers were organized into five assessment teams with a member of the 10<sup>th</sup> Medical Regiment assigned to each team to assist with any medical needs, either as part of an exercise or due to any "real world" situations.

The command staff presented the operational order (OPORD) for the FTX to the team leaders who then developed a confirmation brief and team orders. The confirmation brief required the team leaders to verbally restate the main points of the OPORD to confirm they understood the objectives and details of their missions. This meant describing their understanding of the situation and mission, explaining how they planned to execute the order (the route they planned on using, checkpoints and objectives, approximate times that the teams will arrive at assigned check points and objectives, tasks assigned to each team member, safety precautions to be used, communications protocols, equipment needed, etc.), administrative duties (processing forms, photo documentation,



etc.), and command, logistics, and signal structure and procedures.

The team leaders presented their confirmation brief verbally to the command staff at approximately 1100. They also developed map overlays that identified the location of all objectives and intermediate checkpoints and the route they planned to use to reach each of these points. The command staff responded with critiques and suggestions which were discussed with the individual team leaders.



Team leaders use limited time to prepare their team orders

While the team leaders were preparing their plans, the other team members received refresher training on land navigation and communications procedures. The land navigation training consisted of lessons on using the lensatic compass and determining the team's location on the map. Radio communications training involved learning to listen prior to transmitting in order to not transmit over another team, the proper method of identifying the team, team accountability, the phonetic radio alphabet, and other standard protocols.

At noon, the team leaders assembled their teams and issued their orders. This order provided the team members with more specific details on the execution of the mission and provided each team member their specific assignments, a list of their objectives, a list of the tasks to be completed at each objective, the routes to be used, and the equipment needed to complete these tasks.

The teams then proceeded to their primary objectives. The disaster assessment exercise consisted of a series of photographs of damaged buildings with a brief description of each. The assessment required the teams to look for evidence of the extent of damage to each structure depicted. This meant structural damage such as cracked walls and damaged roofs, water damage such as high wa-

ter marks on structures, and then using this information to determine the extent of damage and to complete the required assessment form. If the structure was a single or multifamily residence or a business, it required an assessment of the need for individual assistance. If it was a component of public infrastructure, it required an assessment of the need for public assistance. Each assessment required team members to give their opinion on the extent and estimate of the cost of the damage. The team leader listened to their input and then determined the best way to complete the assessment forms.

When each team completed the disaster assessment at their primary objective, they reported the results to the operations center and then proceeded to their secondary objective and repeated the process.

At a location determined by the 10<sup>th</sup> Medical Regiment, a realistic first aid scenario using civilian volunteers was inserted into the exercise. The teams were not told where this location would be, so they did not know when to expect the scenario. The scenario consisted of three "role-play" victims; one was unconscious in a ravine and partially covered with debris; another was located on top of a hill and was conscious, but unresponsive. The last victim was conscious and injured, but hysterical, adding to the realism of the scenario and increasing the stress level for the teams. Observers critiqued the response of each team pausing the exercise as necessary to point out errors that were being made and to provide instruction on how to correctly respond.

"This exercise was very useful and pointed out the need for the Engineer Corps to do more "hands-on" first aid exercises," said Chatterton. "The scenario was very realistic and all patrols felt the urgency and heightened anxiety. The exercise quickly demonstrated the need for leadership, quick assessment of the situation, and setting priorities. Triaging the victims is critical. While we have done well with our "hands-on" training in CPR and first aid, we have work to do in handling the overall management of a disaster scene."

Col. Kelm rated the FTX a success. The staff demonstrated its ability to plan and manage multiple components of a complex field exercise. MDDF Engineers were able to obtain all of the needed tools to successfully complete the exercise, such as maps, computers, software, communications gear, go-packs, and first aid supplies. An effective command post was established that ably monitored and managed five field teams. The field teams all managed to reach their objectives, complete their assessments at each objective, and deal with a first aid emergency insert. The engineers were also able to work effectively with elements of 10<sup>th</sup> Medical, G6, and the Chaplain

*(continued on next page)*

Corps.

Reflecting on the MDDF's renewed focus on developing a stronger noncommissioned officer corps, 1st Sgt. (MD) Buddy Scott summed up the role of the engineer NCOs, "training, training, and more training." The NCOs also planned, coordinated and delivered all logistics requirements for the FTX.

"I learned that the MDDF has a great wealth of knowledge because of the wide variety of backgrounds and specialties each member possesses," said Capt. (MD) Matthew Holland, Engineer Corps. "The first aid exercise taught me that being level-headed helps in an emergency, but unless I know how to save someone from possible death, I will still fail my ultimate mission. I need to increase my knowledge of first aid. I would say the FTX exceeded my expectations, especially when we incorporated radios and proper terminology."

"Most importantly," Kelm added, "we learned important lessons in a safe and controlled environment that led to better training and more experienced and ready personnel."

#### Exercise Scenario

The exercise was developed using the following scenario:

On Wednesday and Thursday, November 4-5, 2009, Hurricane Linda, a Category III Hurricane, hit the eastern seaboard of the United States. The eye of the storm passed through the Eastern Shore of Maryland, and then passed through the Annapolis area and Washington, DC, where the storm was downgraded to a tropical storm. Winds hitting the Eastern Shore hit speeds of 125 MPH. When the storm hit Washington, DC, the winds had been reduced to 72 MPH. There has been significant wind damage from the storm. However, the 15 inches of rain that occurred during the storm caused the greatest amount of damage to the area.

The Governor of the State of Maryland declared a

state of emergency for the entire state and is preparing to ask the President of the United States to declare Maryland a Federal Disaster Area. MEMA assessment teams and personnel are deployed across the State, as is the Mary-

land National Guard, which has been mobilized by the Governor. MEMA has requested through the Adjutant General that the Maryland Defense Force deploy disaster assessment teams to the town of Atkinsville, Md. to assess damage from the hurricane, provide a rough estimate of damage to support a Governor's request for disaster declaration, and to provide recommendations for temporary



repairs and prioritization of relief efforts.

The excessive rains have resulted in Lake Wilson overtopping its primary dam, causing the Duears River to flood to a point 10 feet above flood stage, and thus overtop another dam further downstream. Floodwaters have scoured the riverbanks and have caused damage to the Vissers Bridge, which crosses over the Duears River. Md. Route 25 crosses the Vissers Bridge and is the main route serving Atkinsville, Md. The two dams on the Duears River have currently held, but there is concern by the local public works officials as to the structural integrity of these two earthen dams. Additionally, Conticello Gas and Electric has a power plant which serves Atkinsville and the local area near Lake Wilson, and the plant manager has reported concerns regarding the earthen dam and flooding of the power plant should the dam fail. The city of Atkinsville has suffered wind and water damage with major damage to the Minken Memorial Hospital, which is being heavily utilized due to a high number of personnel injuries caused by the storm.

First responders have been responding to requests for assistance for more than 24 hours. Due to the size of the storm and the breakdown in communications infrastructure, there are still isolated areas where emergency medical and rescue are still required.

Please note that the towns, roads, bridges, and features named above are fictitious.



# 10th Med Get Its Boots Muddy

**O**n a chilly Saturday morning in late November, 28 medical professionals from the Maryland Defense Force's 10<sup>th</sup> Medical Regiment (10<sup>th</sup> MED) formed up on the flight line of the Easton Regional Airport to begin a one-day field training exercise (FTX) dubbed "Rambo One."

The goal of the exercise, as explained by Col. (MD) Stan Minken, commander of 10<sup>th</sup> MED, was to familiarize the regiment's medical personnel with operations in a field environment under both civil and military conditions.

"Members of this unit have the potential of being tasked in both civilian and military arenas and must understand the basics of delivering care and working with other agency personnel in multiple disaster situations outside the clinical environment," said Minken. "My intent with this exercise was to develop an appreciation of teamwork in a disaster situation with the understanding that leadership must be exhibited and working under that leadership must be cooperative."

The training began with the familiarization of a light aircraft. Personnel were shown how to approach aircraft, enter the cockpit and passenger areas, shut down the engine, and remove an injured occupant.

Next, a civilian ambulance crew demonstrated the capabilities, equipment and procedures used by first re-



sponders in dealing with mass casualties.

"Many medical professionals actually have very little experience in working with ambulance crews and first responders," explained Minken.

"Familiarization with the capabilities of ambulance crews and ambulance

equipment is crucial to promote cooperative work conditions and mutual respect."

After the unit moved to remote field site, it was joined by a team of combat medics from the Maryland Army National Guard (MDARNG) who established a Battalion Aid Station (BAS) and explained how emergency medicine is delivered in a military environment. Since the MDARNG has both a combat and civil mission, it is very likely that MDARNG medical personnel could be tasked to operate in or with a BAS even in a civil emergency.

"This aspect of the exercise demonstrated how the National Guard works and provides care," explained Minken. "Our mission is to support these units. It is imperative that we be familiar with their protocols and set-up to provide seamless and appropriate support.

"Secondarily, it was important to expose the MDARNG to our personnel and capabilities to further foster a cooperative attitude."

During this part of the training, Command Sgt. Maj. Donald Connolly of the MDARNG's 1-175<sup>th</sup> Infantry

*(continued on next page)*

Battalion demonstrated the field load carried by soldiers in combat. After donning his Kevlar helmet, body armor, load-bearing equipment, and rucksack totaling more than 100 pounds, he explained, “MDDF doctors conduct many of the pre- and post-deployment medical evaluations for our guardsmen. I want them to understand the physical demands of operating in combat so they can better understand the ailments and injuries that many of our soldiers are experiencing.”

Many of the medical professionals donned the gear themselves to experience it firsthand.



“The physical load our soldiers carry is tremendous and the implications for health problems are wide ranging,” said Lt. Col. (MD) Walter Hettinger, an MDDF physician. “It is one thing to listen to one of the soldiers describe his combat load, and it is entirely another to actually wear Kevlar and 100 pounds of stuff.”

During the BAS training, the MDDF personnel were also instructed on proper procedures for transporting injured personnel in the field using a litter.

The exercise continued with training in disaster site triage, primary casualty assessment, and the psychological aspects of a disaster for both victims and responders.

“My goals in planning this exercise were to place our medical personnel in a field environment with the need to understand improvisation and working in less than ideal situations, to enable our personnel to be ready to integrate into a multi-MDDF unit exercise in the future, and to develop a sense of team and mutual respect for the capabilities of other units.”

“I thought the FTX was tremendously valuable not only for the training, all of which was interesting and real world applicable, and but also for the camaraderie that it fostered,” added Hettinger. “We rarely get a chance to

spend a day with more than a couple of our teammates in such an interesting and enjoyable manner.”

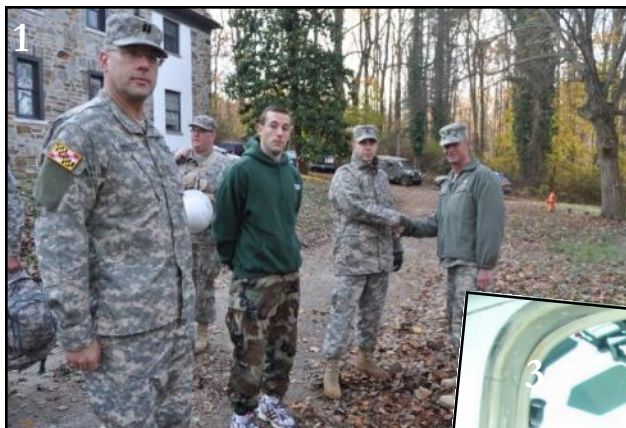
“My sense from observation and feedback is our goals were achieved,” concluded Minken. But more training is on the way; a second exercise is being planned that will focus on specialized care for specific injuries. 10<sup>th</sup> MED now has five advanced trauma life support instructors who were trained under a MDDF-DoD grant.

“This was the long term intent of obtaining the grant,” said Minken. “With these trainers in place, we can now provide more intensive and focused training. My goal is to make us a showcase for the Maryland Military Department.”

Col. Minken is openly proud of the capabilities of 10<sup>th</sup> MED. “Every member of the Maryland Military Department should know that the 10<sup>th</sup> MED is trained to do what we are tasked to do and that we are ready to support or augment all units with medical back-up.”



# THRU THE LENS



## Captions:

1. Swearing-in of new members and promotions at the Engineer FTX, Camp Fretterd, 7 November.
2. A civilian ambulance crew demonstrated first responder techniques, Easton Airport, 21 November.
3. Lt. Col. Krisanda explains the controls in the cockpit of a light aircraft, Easton Airport, 21 November.
4. Engineers conduct disaster assessment training at Camp Fretterd, 7 November.
5. MDDF members representing several units man a recruiting table at the Maryland State Fair, 22 August.
6. Command Sgt. Maj. Sann addresses MDDF NCOs and presents a copy of the NCO Creed, Annapolis, 17 October.

### Engineer Corps Launches 2010 ISR Program

By Capt. (MD) James Eder – MDDF Engineer Corps

One of the primary missions assigned to the MDDF Engineer Corps is the completion of Installation Status Reports (ISR) for all of the Maryland National Guard's (MDARNG) armories and training facilities. The ISR inspections are a National Guard Bureau (NGB) requirement and are conducted annually to capture the physical condition of the facilities and their ability to meet the training needs of our soldiers. 2010 marks the fourth year that the Engineer Corps has completed this mission.

In order to properly prepare for this year's ISR mission, the engineers conducted a training session at the Annapolis Armory on December 5th. The training program, developed by Capt. (MD) Ryan Gross and Capt. (MD) Isadore Beattie, was designed to cover the standard methods of successfully completing the inspections and introduced the changes and additions made to the ISR program for 2010. All members of the MDDF who are participating in the 2010 ISR mission attended the training.

Prior to the training session, Capt. Gross had assigned Armory Captains (AC), responsible for leading the inspection of two facilities. Their duties include scheduling the inspections, arranging for adequate staff to perform the inspection, ensuring that appropriate engineering specialists are included on the teams, overseeing inspection teams during the ISR, and ensuring that all ISR documents are accurately and thoroughly completed.

Col. (MD) Brian Kelm, Commanding Officer of the Engineer Corps, initiated the training session by explaining the importance of this mission to the MDARNG and giving a history of the execution of past ISR missions. "It is important that we communicate to the personnel in charge of the facilities that ISRs are not evaluations of how they run the armory, but tools which the National Guard uses to see what facilities need maintenance or re-

pairs, the priority of these repairs, and what funds are needed to make them," explained Kelm.

Capt.'s Gross and Beattie then explained the procedures that need to be followed in order to complete an ISR successfully. They stressed that the inspection needs to look for any conditions that are unsafe or dangerous and gave examples of unsafe conditions that had been discovered on previous missions.

The training used a number of videos which showed a member of the National Guard performing an actual ISR inspection and demonstrated each step of the ISR process.

The training participants were then organized into teams to conduct a practical exercise by completing an ISR of the Annapolis Armory. Team members discovered the most efficient method to do the inspection is for a two-man team to work with one person doing the evaluation and the other acting as a scribe to complete the score sheets.

With the training behind them, the Armory Captains and their assigned teams will now begin the formal ISR program at armories and facilities across the state. In 2009, MDDF engineers logged more than 1200 hours supporting the ISR mission.

---

### New Commander Takes the Reigns at A Troop

Capt. (MD) David Roop has been named commanding officer of Cavalry Troop A. After graduating from Widener University he joined the U.S. Army and completed basic training at Fort Dix, N.J. He then attended Officers Candidate School at Fort Benning, Ga. and was ultimately branched Infantry. He was honorably discharged in 1986 for a severe knee injury. In civilian life Roop has spent the predominance of his professional career in the telecommunications and energy industries. Roop joined the MDDF in March, 2009. He lives in White Hall, Md. (Harford County) with his wife and two children.

## **10th Medical Regiment Joins the Fight Against H1N1**

By Cpl. (MD) A. Hastings, 10th Medical Regiment

During the months of September thru December, teams of MDDF personnel mobilized at Towson University (TU) to provide seasonal flu and H1N1 inoculations to designated at-risk Maryland citizens in an exercise known in the medical world as a point of distribution (PoD) clinic.

Lt. Col. (MD) Elizabeth Austin, an MDDF nurse, served as the exercise officer in charge (OIC) for the H1N1-related series of activities.

Col. (MD) Wayne Nelson, deputy commander for the 10<sup>th</sup> Medical Regiment, served as the Incident Command Structure Medical Group Supervisor. Nelson is also a member of Towson University's vaccination planning committee which sponsored the inoculation activities.

A total of four clinics were held at TU, eventually providing flu inoculations to more than 5000 people.

The first clinic provided seasonal flu inoculations to 1600 high-risk students and faculty. Two H1N1 clinics were held in November with a target population initially of TU students and faculty who were pregnant, caregivers with children under six months old, and students under 25 with underlying health conditions. The final H1N1 clinic was held in early December and provided inoculations to all students and faculty regardless of risk.

"The 10<sup>th</sup> Medical Regiment is designated as a medical reserve corps (MRC) with the Office of the U.S. Surgeon General," explained Austin. "The MRC is cosponsored by TU and the Baltimore County Health Department.

"The MDDF has been actively involved with TU's preparation for disaster activities for the last few years. As a direct result of the planning and drills with TU, the MDDF, the Department of Nursing, Health Center, and the TU Police Department all work very well together to provide a multi-agency and multidisciplinary response to emergencies on the campus of the University."

"Lt. Col. Austin and I have received constant positive

feedback about the helpfulness, professionalism, and high morale of the MDDF volunteers" said Nelson.

"I have learned that our ability to work with the university improves after every exercise," added Austin. "One direct benefit for the MDDF was the opportunity for personnel from many different units to meet other troops and learn about other components of the MDDF. Some MDDF members travelled across Maryland at considerable personal expense to serve in the exercise."

The Baltimore County Health Department has designated Towson University a private POD site, given the large size of the at-risk population of over 20,000 students, faculty and staff.

---

## **Col (MD) Charles Nalls Receives Calihan Academic Fellowship**

Father Charles H. Nalls, SSM, a 1979 graduate of DePauw University, has been awarded a Calihan Academic Fellowship by the Acton Institute. The award will support Nalls' post-graduate work in theology at the Dominican House of Studies.

Calihan Academic Fellowships provide scholarships and research grants to future scholars and religious leaders whose academic work shows outstanding potential. Applicants studying theology, philosophy, economics, or related fields must demonstrate the potential to advance understanding in the relationship between theology and the principles of the free and virtuous society. Such principles include recognition of human dignity, the importance of the rule of law, limited government, religious liberty, and freedom in economic life.

Father Nalls currently is pursuing a licentiate in sacred theology (S.T.L.) from the Pontifical Faculty of the Immaculate Conception in Washington, D.C., and is the author of *Prayer: A Field Guide*, released in the autumn of 2008. In addition to his academic work, Nalls currently serves as regimental chaplain to the 70th Regt. (LDR), Maryland Army National Guard, and is Chief of Chaplains, Maryland Defense Force.



## MILITARY DEPARTMENT NEWS

### New Maryland National Guard Unit at Forefront of Information Warfare

by Maj. Kristine Henry, Maryland National Guard Public Affairs



The 110th Information Operations Field Support Battalion was activated in October as part of the Maryland Army National Guard's transformation.

The IO FSB, headquartered at the Pikesville Armory, is commanded by Lt. Col. Dick Amott, a seasoned officer with more than 33 years military experience. The unit consists of positions largely in the fields of military intelligence and signal, complemented and supported by a handful of other military occupational specialties. The unit is unique from other battalions because of the high-tech, information based skill sets required and the experience of a senior rank structure.

The unit's senior enlisted leader, Command Sgt. Maj. Kemp Freund explains the mission, "In essence, what IO does is take all of the unit staff sections and advisors and tie them into one cohesive group and manages information for a consistent message. Ultimately our job is to provide trained personnel to combatant commanders in all active theaters to assist with this mission."

"The Maryland Guard is uniquely positioned to have a unit like the 110th because of the large pool of the right kind of people in this area," explains Maj. Andrew Goldin, the operations officer, as he describes the bene-

fits.

Being located so close to the Washington, D.C. and Baltimore metro areas, makes this part-time soldiering opportunity a win-win-win for the Guard, the Soldier [and family], and civilian employers, says Goldin.

Many of the personnel in the unit also work in similar fields on their civilian jobs, which provide a seamless continuity between civilian work during the week and military duty on the weekends. Capt. John Henderson works during the week as a civilian senior threat analyst for the Rapid Equipping Force at Fort Belvoir, Va. analyzing possible threats.

"I will do exactly the same type of things I do on my civilian job even when applying it to my position within the IO [battalion]," said Henderson.

The 110th IO FSB will possibly carry on the storied lineage of the 2nd Battalion 110th Field Artillery Regiment, a Maryland National Guard unit which deactivated in September and has roots going back to the War for Independence, World War I and the 29th Division in World War II. A decision is pending from The Institute of Heraldry as to how much of the lineage will accompany the new unit.

"Many of the battalion's members have come from existing units that have deactivated under transformation, however, we are still trying to fill some slots with the right people, whether they come from an existing unit in Maryland or outside of the Maryland National Guard," explains the Executive Officer, Maj. Dave Dement. "It's an exciting opportunity for motivated soldiers to be a part of a unit that incorporates so many of the Army's modern information functions into a single mission.

"The unit's higher headquarters, the 56th Theater Information Operations Group, is located in Seattle, Washington, another high-tech corridor. For administrative purposes while in Maryland, the 110th IO FSB will report to the 29th Combat Aviation Brigade stationed at Edgewood. The actual activation ceremony for the unit is projected for December.

## Afghan Mission Earns Maryland Crew Major Award

by Tech. Sgt. David Speicher, 175th Wing Public Affairs

With an Army unit in direct contact with the enemy and in need of an emergency resupply, a Maryland Air National Guard C-130J crew came to the rescue with much-needed supplies and ammunition.

"We got guys fighting the enemy and we are going to do whatever we have to do to get them the supplies they needed," said Lt. Col. Mike Mentges, 135th Airlift Group director of operations, who was the aircraft commander during the mission. "There was a lot of action in the vicinity."

This sortie was just one part of a day-long mission to resupply Army units that wound up landing the crew of TORQE 95 a prestigious flying award.

Col. Mentges, Capt. Kristen Hoeckel, Senior Master Sgt. Thomas Kelly and Tech. Sgt. Billy Shiflett of the 135th Airlift Squadron, and Staff Sgt. Brian Miliefsky of the California Air National Guard, received the Earl T. Ricks Award September 14 at the Air Force Association's annual Air and Space Conference and Technology Exposition.

The annual award recognizes Air National Guard members for outstanding airmanship. The crew flew the mission in Afghanistan during an Air Expeditionary Force rotation in the summer of 2008. They were stationed at Bagram Airfield, Afghanistan, at the time.

Col. Mentges said the original mission for the day in-

volved three airdrops to small forward operating bases. The first airdrop, humanitarian supplies for an Army unit to distribute to local villages, went according to plan.

The second airdrop involved delivering ammunition to the Army and then a return to Bagram Airfield. It was at this second drop that Army forces were in contact with the enemy. The crew coordinated with Joint Tactical Air Controllers on the ground to ensure the supplies landed where enemy forces could not seize it.

When the plane returned to Bagram, they were told they would need to fly to Kandahar and load emergency supplies for another airdrop with the troops in contact. With the supplies aboard, TORQE 95 returned to the scene of the fight.

"They were still fighting the bad guys," said Col. Mentges. The crew again coordinated with JTAC and fighter aircraft that were engaged with the enemy. They held outside the

area until the fighters had disengaged, and then modified their drop to come in from a direction to avoid the enemy.

To top it all off, the crew went on to conduct a fourth air drop at another location before calling it a day.

"At the end of the day we dropped 42,000 pounds of ammo and supplies," said Col. Mentges.

The Earl T. Ricks award, a national award for Air National Guard personnel, was established in 1954 in honor of Maj. Gen. Earl T. Ricks who served as chief of the Air Force Division, National Guard Bureau.



From R-L Maj. Gen Etter, Director of Strategic Plans and Policy for the National Guard Bureau, Lt. Col. Thomas Hans, Tech. Sgt. Billy Shiflett, Senior Master Sgt. Thomas Kelly, SSgt. Brian Miliefsky of the 135th Airlift Squadron. Far right is Mr. Joseph E. Sutter, AFA Chairman of the Board.

## MILITARY DEPARTMENT NEWS

### Preparing for Winter Storm Hazards

By Maryland Emergency Management Agency

A Winter Storm Watch means that a winter storm is possible for the area and is issued 12 to 36 hours before the event. A Winter Storm Warning means that a Winter Storm is occurring, or will soon occur in your area. A Blizzard Warning means that sustained winds or frequent gusts up to 35 miles per hour or greater and considerable falling snow, which will reduce visibility to less than a quarter mile, are expected for a period of three hours or longer. Winter storms in these categories are not uncommon in Maryland.

**BEFORE THE STORM ARRIVES:** Learn about your area's winter storm risk. Contact the American Red Cross, the Maryland Emergency Management Agency or the local National Weather Service office to learn more about your area's winter storm risk.

Learn first aid, especially for treatment of exposure to the cold, frostbite and hypothermia.

The most likely direct threat is a loss of electric power and heat that could last for several days. Make sure that stocks of non-perishable food and water are sufficient.

Make sure there is plenty of food and water stored for pets and livestock.

Make sure there is adequate warm clothing for each member of the family.

Understand the effects of wind chill, which combines the cooling effect of wind and cold temperatures on exposed skin.

Fully check and winterize your vehicle before the winter season begins.

Keep your car's fuel tank full for emergency use and to keep the fuel line from freezing.

Service snow removal equipment before winter season.

Make sure your home is properly insulated. If necessary, insulate walls and attic.

Install storm windows or cover windows with plastic from the inside.

Take the following actions to keep your pipes from freezing:

- Wrap the pipes in insulation or layers of old newspapers
- Cover the newspapers with plastic to keep out moisture
- Let faucets drip to keep them from freezing
- Know how to shut off water valves.

Invest in a NOAA Weather Radio with a tone-alert feature to keep you informed of watches and warnings issued for your area.

Install and check fire alarms.

Consider storing sufficient heating fuel if the possibility exists that regular fuel sources may be cut off during a winter storm. Be cautious of fire hazards when storing any type of fuel.

If you live in a flood-prone area, consider purchasing flood insurance to cover possible flood damage that may occur during the spring thaw.

Install snow fences in rural areas to reduce drifting in roads and paths, which block to homes, barns, and animals' feed and water.

**DURING THE STORM:** The following information is provided to help citizens get through the storm.

Avoid unnecessary travel. About 70 percent of winter deaths related to ice and snow occur in automobiles.

Listen to NOAA Weather Radio, radio or television for updated information about the storm. These devices should be battery-operated or have a battery backup in the event of a power failure.

If you are caught in your vehicle when the storm hits, stay in your vehicle. You will become quickly disoriented in wind-driven snow and cold. Run the motor about 10 minutes each hour for heat. Open the window a little for fresh air to avoid carbon monoxide poisoning; make sure the exhaust pipe is not blocked. Turn on the dome light at night when running the engine, as this will make you more visible to rescuers. After the snow stops falling, raise the hood to indicate that you need help.

**AFTER THE STORM PASSES:** Continue to monitor NOAA Weather Radio, radio or television for official information about the storm and its impact.





If you are caught outside when the storm arrives, find shelter where you can stay warm and dry. If no shelter is available, build a lean-to, windbreak or snow cave for protection from the wind. Build a fire for warmth and to attract attention. Place rocks around the fire to absorb and reflect heat. Melt snow for drinking water, as eating snow will lower your body temperature.

Eat and drink. Food provides the body with energy for producing its own heat. Keep the body replenished with fluids to prevent dehydration.

If you go outside after a snowstorm, dress in many layers and wear a hat and gloves or mittens. Many layers of thin clothing are warmer than single layers of thick cloth-

ing. Wear a hat to keep the body from losing heat through the head. Mittens are warmer than gloves. Covering the mouth with a scarf protects lungs from extremely cold air.

If in a vehicle, exercise from time to time by moving your arms, legs, fingers and toes to keep blood circulating and to keep warm.

Avoid overexertion and use caution when engaging in activities such as shoveling heavy snow, pushing a car, or walking in deep snow. The strain from the cold and hard labor can cause a heart attack. Sweating can lead to chill or hypothermia.

If indoors, wear layers of loose-fitting, lightweight, warm clothing and remember to remove layers to avoid overheating, perspiration and subsequent chills.

If the pipes in your house freeze, remove any insulation or layers of newspapers and wrap the pipes in rags. Completely open all faucets and pour hot water over the pipes, starting where they are most exposed to the cold or where the cold is most likely to have penetrated. A hand-held hair dryer, used with caution to prevent overheating, will also work.

### **The Maryland Defense Force A Component of the Maryland Military Department**

Headquartered at the Pikesville Military Reservation in Baltimore, the Maryland Defense Force is a volunteer uniformed state military agency organized under the Maryland Military Department. Formally established by the Maryland legislature in 1917, the unit's heritage and traditions trace back to the 17th century.

MDDF is one of a number of State Defense Forces authorized by the U.S. Congress under Title 32 and the respective state legislatures. While specific missions vary from state to state, State Defense Forces exist primarily to augment the capabilities of the National Guard. Employing volunteers who bring military experience and/or civilian professional skills, they supplement the capabilities of the National Guard, assist in National Guard mobilization for federal service, replace National Guard assets deployed out-of-state, and support state homeland security missions. State Defense Forces operate under the command of the Governor, as state Commander-in-Chief, and fall under the operational control of the state Adjutant General. State Defense Forces receive no federal funds and are supported entirely by the state.